

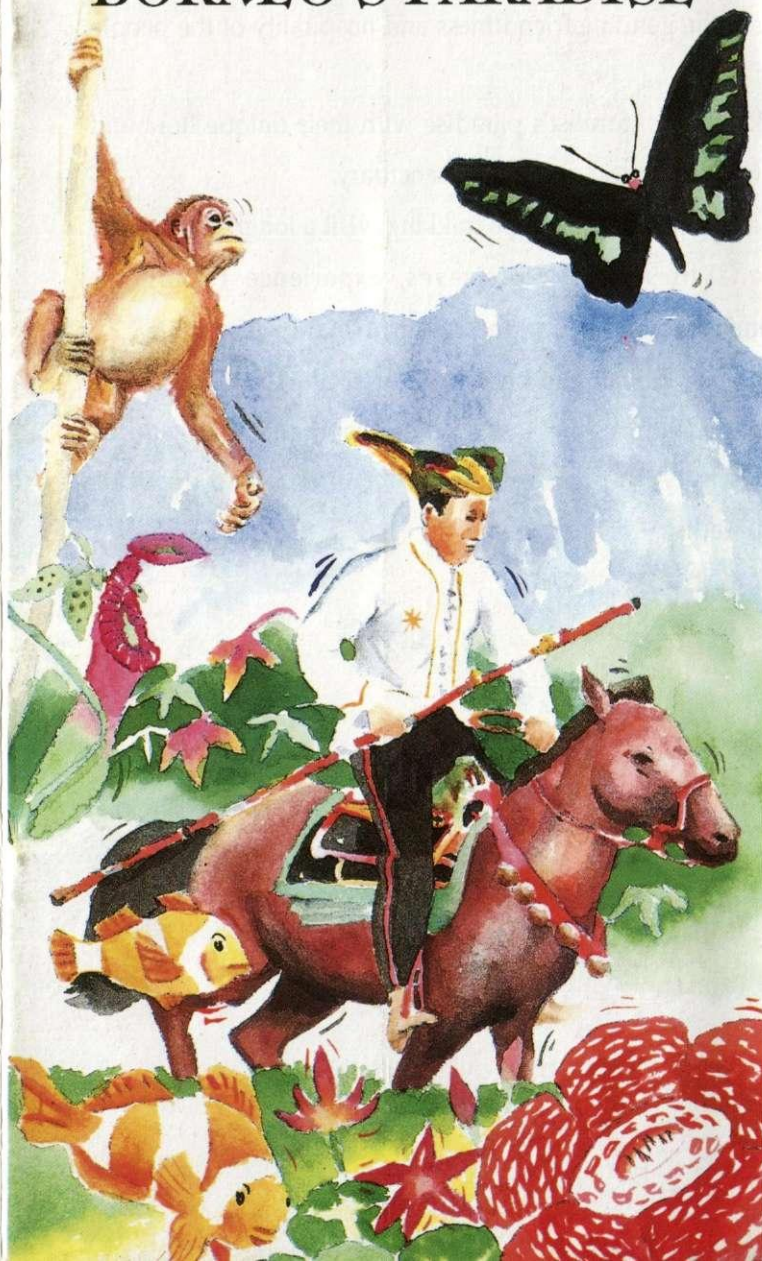
SABAH

Malaysia

BORNEO'S PARADISE

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SABAH BORNEO'S PARADISE

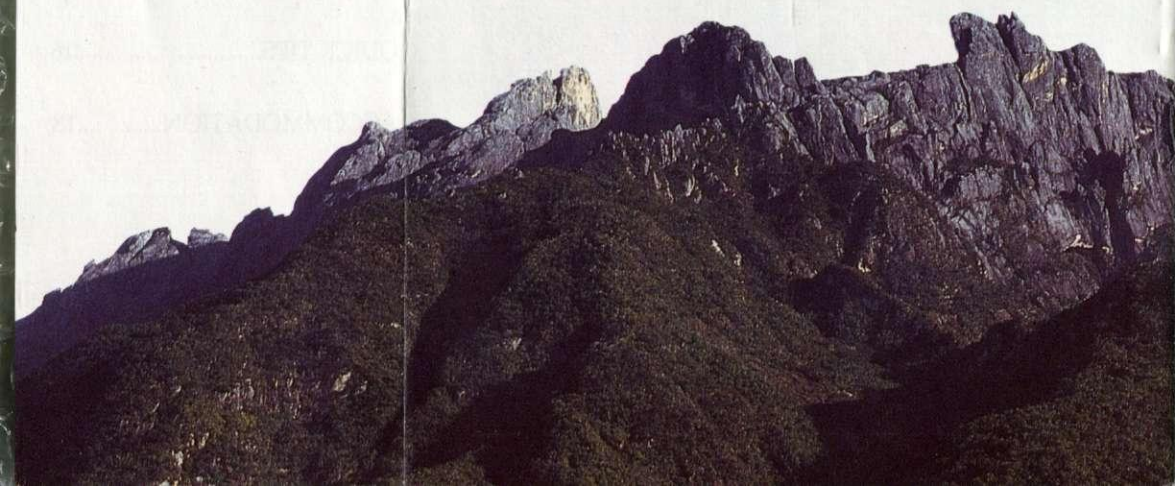
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Picture yourself in a country where the attractions are as varied as they are excitingly fresh and unspoilt... uncrowded beaches, isolated tropical islands, fascinating culture, colourful and beautiful marine life, spectacular countryside dominated by an awesome mountain (Mt Kinabalu, the highest in South East Asia), and where the genuine friendliness and hospitality of the people are part of their tradition.

Sabah's State Parks are a naturalist's paradise with their unique flora and fauna. Sabah also has the world's largest orang utan sanctuary.

If you are feeling adventurous, go jungle trekking, visit a longhouse and be intrigued by the traditional lifestyle, explore caves, experience rafting, go mountaineering, or dive and discover exciting and colourful marine life.

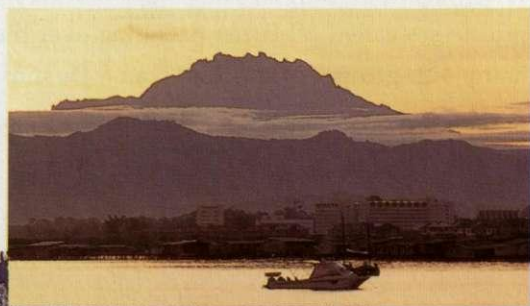
However you want it - Sabah can be simple or sophisticated. She has retained her traditional charm and freshness, as well as keeping in step with the 20th century. Sabah will surely impress you with her unique and unspoilt character - truly Borneo's paradise.



Sabah occupies the top portion of the island of Borneo (the third largest island in the world) and covers an area of 74,500 sq km (29,388 sq miles) with a coastline of about 1,440 km (about 900 miles) washed by the South China Sea on the West and the Sulu Sea and Celebes Sea on the East.

Sabah lies between 4° and 8° North of the equator, and its climate is tropical but pleasant. Sunny blue skies typify most days and it is summer all year round. Though depending on the month and locality, rain may cause a little inconvenience, with the annual rainfall varying from 60 to 120 inches. As a general guide the wet season falls between November and February. Fortunately, Sabah does not experience any natural disaster or calamities. In fact it is under the typhoon belt (thus the name "Land Below The Wind") and is free from any climatic disturbances.

Temperatures seldom reach 90 ° F (33° C) and usually vary during the day from 74° F to 88° F (23° C to 31°C) and are cooler on the mountains.



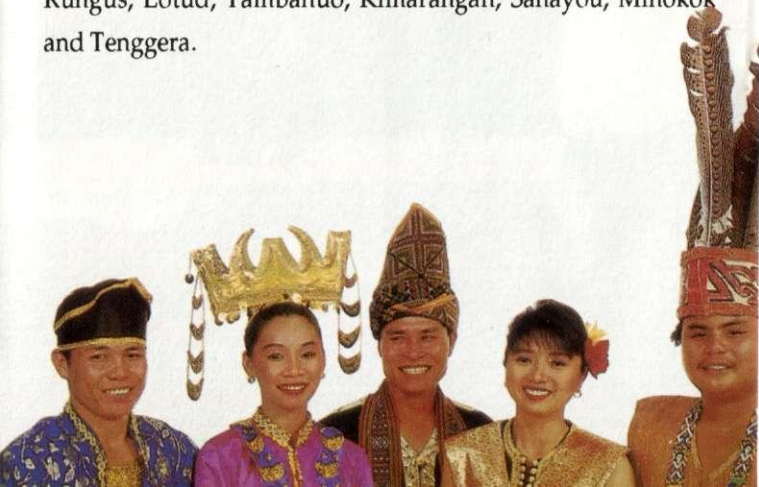
Mt. Kinabalu

Sabah is a unique land, a melting pot of many indigenous and immigrant groups. The population of slightly over 1.7 million comprises over 30 different races and over 80 different dialects, each group having its own colourful culture, tradition, festival and customs.

The indigenous groups include the Kadazan/Dusun, Bajau, Murut, Rungus, Lotud, Brunei, Orang Sungei, Kadayan, Bisaya and many other subgroups. The Chinese form the largest non-indigenous group. The main groups and their 'adat' (cultural observances) are highlighted here.

THE KADAZAN/DUSUN

The largest ethnic group in Sabah, the Kadazans/Dusuns make up about one third of the population, and are found mainly on the West Coast. The Kadazans/Dusuns are prosperous agricultural people and are the main rice producers of Sabah, though now many have gone into different professions. Their system of beliefs revolves around their rice-planting and harvesting with female priestesses called *bobohizan* presiding over the rituals. The many sub-groups of the Kadazans/Dusuns include the Rungus, Lotud, Tambanuo, Kimarangan, Sanayou, Minokok and Tenggera.



THE BAJAU

The Bajau are skilled fishermen though there are linguistic and cultural differences between those living on the west and east coast. Those living on the west coast are predominantly farmers and the Bajau, well known for their skilled horsemanship, have been dubbed 'Cowboys of the East'. They are expert "Horsemen" rearing ponies, buffaloes and cattle as well as being good rice cultivators. One can see them every Sunday at the picturesque Kota Belud "Tamu" as well as on festival occasions resplendent in their colourful costumes riding brightly decorated ponies.

Those living on the east coast are mainly sea nomads, coming ashore only to bury their dead. Often called the 'Sea Gypsies' because of their love for wanderings on the high seas, they were also fearless sailors.

THE MURUT

The Murut live mostly in the South West region of Sabah and in remote parts of the interior residency between the town of Keningau and the borders of Sarawak and Indonesia.

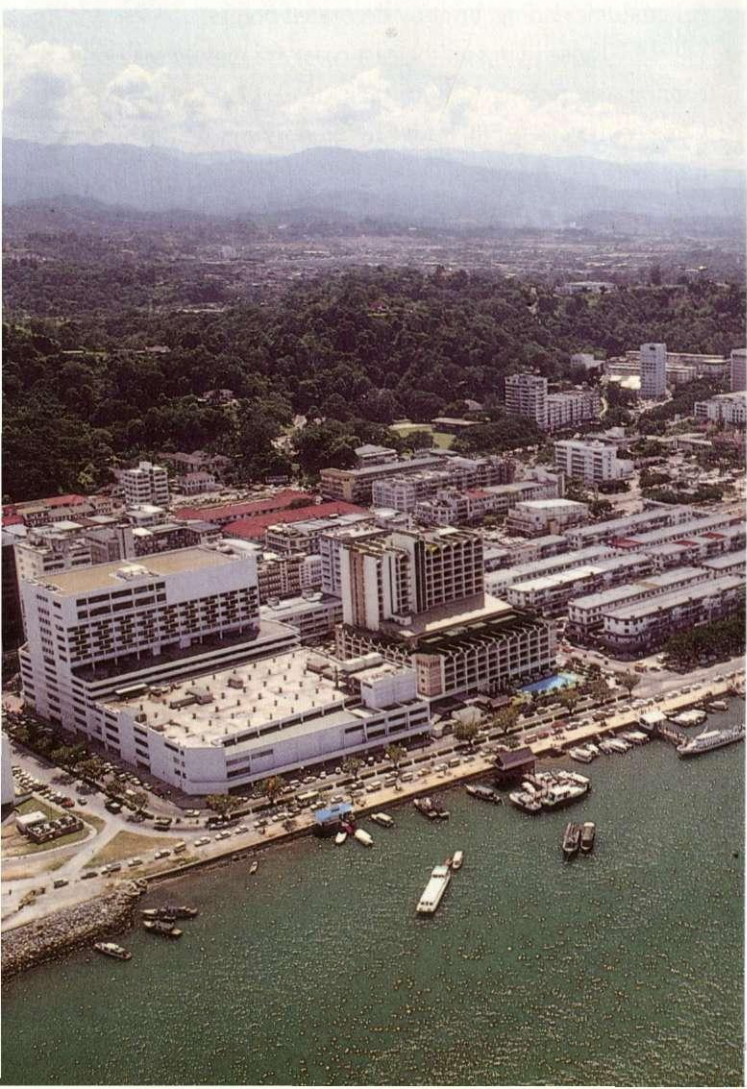
Many still live in longhouses and were once feared for their head hunting. Murut weddings are renowned for their elaborate displays of bridewealth, dancing and feasting. The Muruts were also great hunters, using spears, blowpipes and poisoned darts. Some of the Muruts tribes include the Nabai, Peluan, Bokan, Tagal and Timogun.



KOTA KINABALU - GATEWAY

Kota Kinabalu, the gateway to the rest of Sabah, is also the State Capital. It has a population of around 300,000. Kota Kinabalu or K.K. as it is usually called, is a relatively new town as the original town was destroyed during the Second World War. In the vicinity of Kota Kinabalu there are various places of interest, including the offshore islands, Tanjung Aru Beach, the State Museum and the State

Kota Kinabalu



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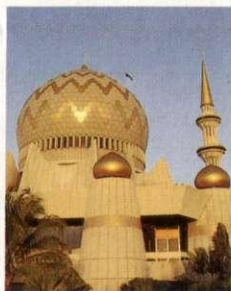
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Mosque, the Gaya Street Fair every Sunday morning, the "pasar malam" or open night markets where you can test your bargaining skills, and nearby water villages. Kota Kinabalu itself is well served by hotels and restaurants of international standard.



State Mosque



For those who prefer to laze under the sun, go swimming, snorkelling, or simply relax on the beach of a typical tropical island, the outlying islands of Kota Kinabalu are awaiting them. There are five islands you can visit; Mamutik, Manukan, Sulug, Sapi and Gaya. They are only about 10-15 minutes away by boat. Their waters are clear and clean, they have beautiful beaches and coral, and best of all they are uncrowded. On top of that, Sabah is blessed with long stretches of pure white, sandy beaches where the glorious, tropical sunset with its riot of colours is something not to be missed.



Sailing



Pulau Sapi

For the true diving enthusiast, the island of Sipadan, located off the town of Semporna on the East Coast of Sabah, is a must and is considered to be one of the best diving areas in this part of the world. What makes this island special is that it is the only oceanic island (not connected to the continental shelf) in Malaysia rising 2,000 feet (600 metres) on a limestone pinnacle that 'mushrooms' out near the surface. It has abundant marine life that will thrill and amaze you. And there is yet another diver's paradise located in the South China Sea, about 165 miles due North West of Labuan and Kota Kinabalu, called The Layang Layang Atoll. Oval-shaped and where the water is clear most of the year, one can windsurf, sail a catamaran, dive, snorkel, fish or simply watch the thousands of migratory birds nesting there.

Scuba Diving



SABAH MAP

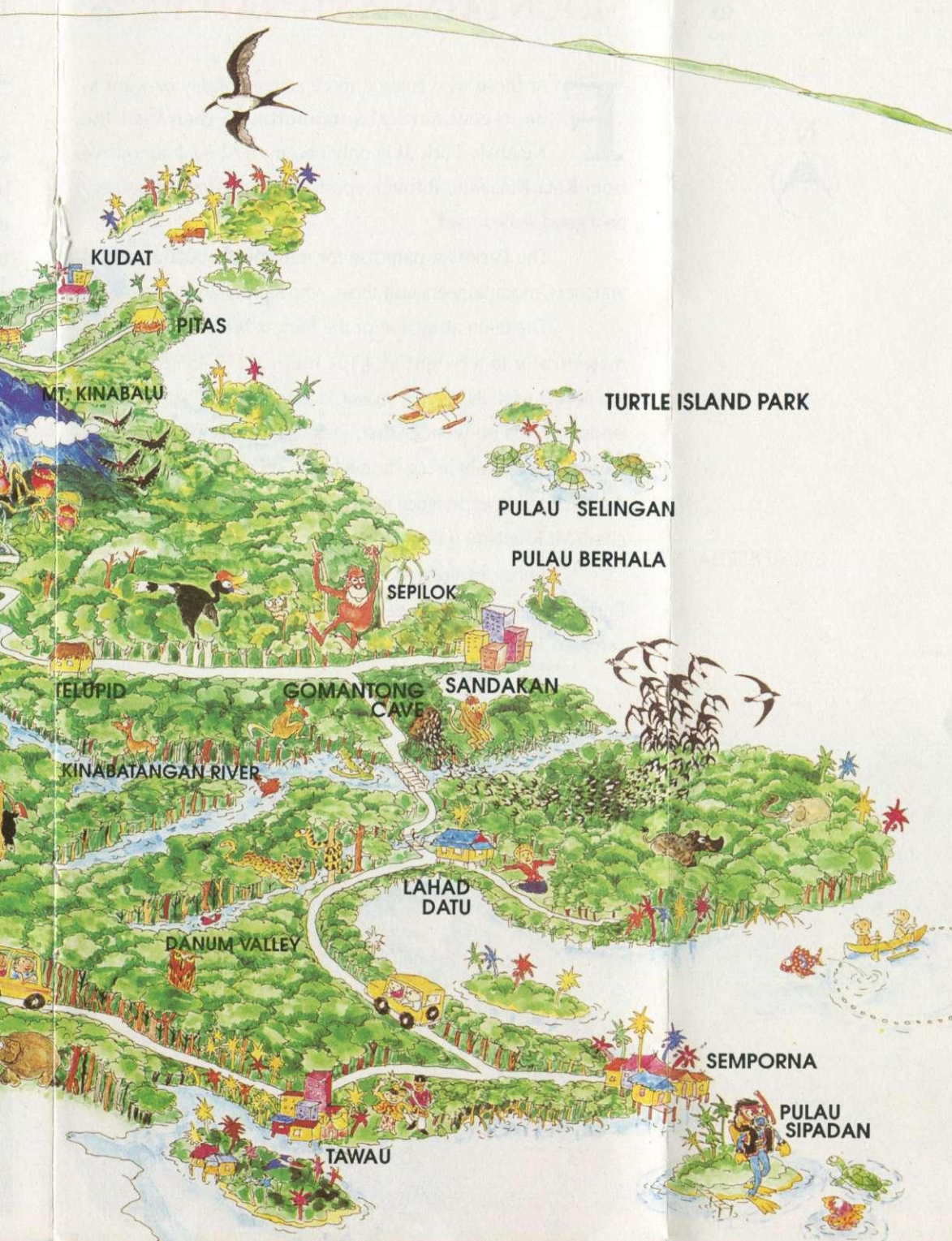
- 1 Kinabalu Park
- 2 Turtle Islands Park
(Pulau Selingaan, Bakkungan Kechil and Gulisaan)
- 3 Tunku Abdul Rahman Park
(Pulau Gaya, Sapi, Mamutik, Manukan and Sulug)
- 4 Tawau Hills Park
- 5 Pulau Tiga Park
- 6 Crocker Range National Park
- 7 Mt. Trus Madi
- 8 Labuan War Memorial
- 9 House of Skull, Kg. Terawi
- 10 Mantanani Island
- 11 Mengkabong Water Village
- 12 Tuaran Tamu
- 13 Tamparuli Suspension Bridge
- 14 Kiulu
- 15 Padas River
- 16 Kota Belud
- 17 Batu Punggul Resort
- 18 Long Pasia
- 19 Rafflesia Forest Reserve
- 20 Tenom Orchid Centre
- 21 Tenom Agricultural Research Centre
- 22 Poring Hot Springs
- 23 Kundasang War Memorial
- 24 Sepilok Orang Utan Rehabilitation Centre
- 25 Sukau
- 26 Kinabatangan River
- 27 Pulau Berhala
- 28 Gomantong Caves
- 29 Batu Puteh Caves
- 30 Madai Caves
- 31 Baturong Caves
- 32 Danum Valley
- 33 Sipadan Island
- 34 Layang-layang
- 35 Muruk Miau
- 36 Semporna Islands Park
- 37 Rungus Longhouse





PLACES OF INTEREST



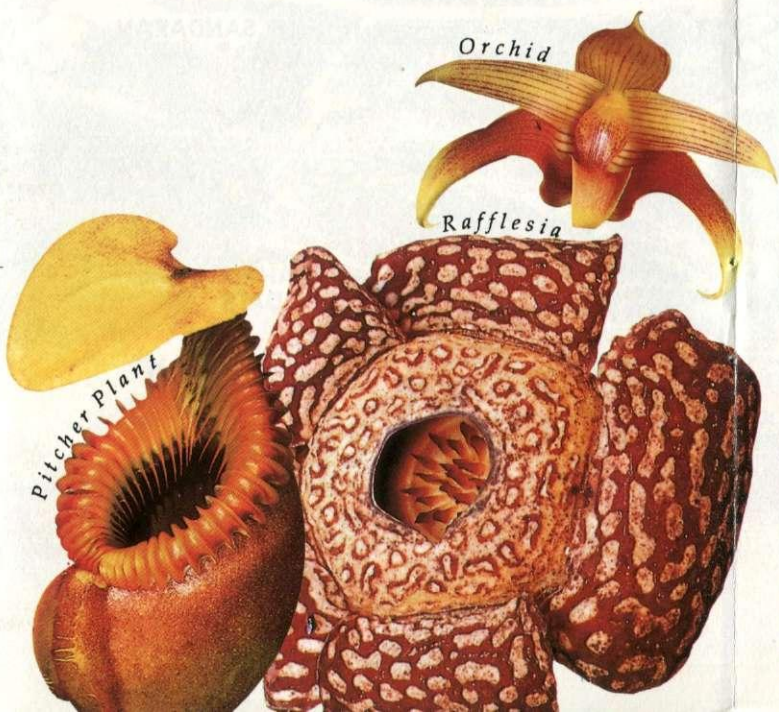


For those who enjoy a more active holiday or want to be in cool natural surroundings, then visit the Kinabalu Park. It is only about 1 1/2 - 2 hours drive from Kota Kinabalu, through spectacular countryside scenery on a good sealed road.

The Park is a paradise for naturalists, botanists, bird watchers, mountaineers and those who simply admire nature.

The main attraction of the Park is Mt Kinabalu, rising majestically to a height of 4,101 metres (13,455 ft) above sea level, with its granite massif dominating the surrounding landscape. It's no wonder that, long ago, the Kadazan people named it "Aki Nabalu" or "home of the spirits of the departed". As no climbing experience is required, the energetic visitor can climb Mt Kinabalu if the main route to the summit is taken.

Those interested in 'natural health spas' can visit Poring Hot Springs (also part of the Kinabalu Park) where you can relax in open-air Japanese-style baths.



WILD MAN OF BORNEO

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In Sepilok, about 15 minutes drive from the East Coast town of Sandakan, is the world's largest orang utan sanctuary. Orang utan ('Wild man of Borneo') which have been abandoned by their mothers, or which were formerly in captivity, are rehabilitated until fit enough to be returned to the wild. Watching these charming and entertaining orang utan during feeding time is a sheer delight.

Orang Utan



Probably the most popular festival in Sabah is the 'Pesta Kaamatan' or Harvest Festival celebrated by the Kadazan/Dusun during the month of May. This is a ritualistic celebration greeting the successful harvesting of rice, and it's a good time to see the Kadazan/Dusun exhibiting traditional performances. Other celebrations include the Hari Raya, celebrated by the Muslim community and the Chinese New Year celebrated by the Chinese.



Bobohizan



Sumazau

OTHER INTERESTING ACTIVITIES

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There are many other interesting activities which make your holiday uniquely Borneo. The culturally inclined can go to the interior and visit original longhouses, experience the 'tamu' (local market place) atmosphere, or the more adventurous can climb Mt Kinabalu, go rafting, trek the jungles and explore the caves, marvel at the Proboscis monkey with its long, pendulous red nose or go 'deep sea' fishing.

For the sports oriented, there are tennis, golf, or water sports such as windsurfing, waterskiing, yachting, etc.

Perhaps you might want to go to the Turtle Islands, about 2 - 3 hours boat ride from Sandakan to see turtles laying their eggs. There are chalets for overnight accommodation at these islands.



Golfing at Kundasang



Biking



Rafting

- Climate** : Equatorial/Tropical
- Average Temperatures** : Lowlands : 32 °C
Highlands : 21 °C
- Relative Humidity** : 85 - 95%
- Currency** : The unit of currency is the Malaysian Ringgit (RM).
Travellers cheques and foreign currencies can be changed for Malaysia Ringgit at banks and hotels.

- Major Credit and Charge Cards** : VISA, American Express, Diners Club and Master card.

- Bank Hours** : **Monday to Friday** :
10.00 am - 3.00 pm
Saturday : 9.30 am - 11.30 am

Most major hotels charge a nominal fee for currency conversion

- Local Time** : Standard Malaysian Time
is 8 hours ahead of GMT
- Electricity** : 240 volt AC / 50 - Cycle system
- Language** : Bahasa Malaysia is the official and national Language. However, English is widely spoken.

1. A valid passport (and visa wherever applicable) is required of all persons entering Malaysia.
2. A Social or Tourist Visit Pass does not permit the holder to take up employment, business or professional work in Malaysia.
3. The Business Visit Pass allows foreign visitors to enter the country for business negotiations or inspection of business houses. These passes however, cannot be used for employment purposes or for supervising the installation of new machinery of the construction of a factory.
4. No fee is charged for a Business Visit pass issued for a period of up to three months. A fee of RM 5.00 is imposed for each month beyond this.

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